

Trainingsplan WSC - Thermoplan- Black & White Arena, 2022/2023

Mannschaft	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG
WSC I		19:30 - 21:00		19:30 - 21:00	
WSC 2	19:30 - 21:00			19:30 - 21:00	
WSC-Sen Ü30			P1/P2 19:30 - 21:00		
WSC-Sen Ü40	Meggen				
WSC -Sen Ü50	Meggen				
Junioren Ba SG FCK / WSC			19:30 - 21:00		
Junioren Bb SG WSC / FCK	19:30 - 21:00		19:30 - 21:00		
Junioren Ca SG FCK / WSC					18:15 - 19:45
Junioren Cb SG WSC / FCK		19:00 - 20:30			18:15 - 19:45
Junioren Da		17:30 - 19:00		17:30 - 19:00	
Junioren Db		17:30 - 19:00		17:30 - 19:00	
Junioren Dc	17:30 - 19:00			17:30 - 19:00	
Junioren E	17:30 - 19:00		17:30 - 19:00		
Junioren Fa	17:30 - 19:00		17:30 - 19:00		
Junioren Fb	17:30 - 18:45		17:30 - 18:45		
Junioren Fc				17:00 - 18:00	
Junioren G			17.15 - 18.15		